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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, October 15, 2025

Roles

What are the Roles of the Three Waves of Volunteers regarding Ascension, Consciousness, Energy, and New Earth?

The concept of the Three Waves of Volunteers comes primarily from the work of Dolores Cannon, a hypnotherapist and author who explored metaphysical and spiritual topics through thousands of past life regression sessions.

According to her work, these "waves" are souls who volunteered to incarnate on Earth at this time to assist with the planet's Ascension, raising of consciousness, and transition to the New Earth—a higher vibrational version of reality.

Here's a breakdown of the roles of each wave regarding Ascension, Consciousness, Energy, and the New Earth:

🌊 First Wave (Born ~1940s–1960s)

Role: The Trailblazers & Energetic Groundbreakers

Ascension: They began the energetic groundwork for Ascension. These souls often felt intense emotional burdens and alienation because Earth's energy was dense compared to their origin.

Consciousness: Their presence helped begin the slow awakening of human consciousness by simply being here and breaking rigid old patterns.

Energy: These individuals carried high-vibrational energy, anchoring it into Earth's grid. Many were sensitive, empathic, and struggled with being in a human body.

New Earth: They helped open the path, clearing karmic and energetic blockages so that future generations could more easily align with the New Earth.

🔹 Traits: Often feel out of place, emotionally intense, loners, many chose not to have children.

🌊 Second Wave (Born ~1960s–1980s)

Role: The Bridges & Amplifiers of Change

Ascension: They are energetic stabilizers and transmitters—often radiating transformational frequencies just by existing.

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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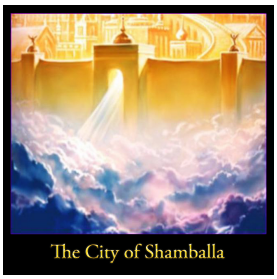

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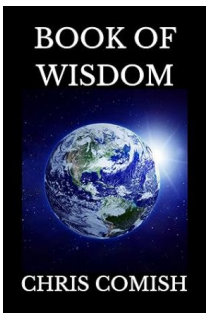

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Consciousness: Their mission is to influence those around them silently or subtly, raising collective consciousness through presence, not action.

Energy: They emit a calming, harmonizing frequency, helping others awaken and integrate energy shifts more smoothly.

New Earth: They act as bridges between the old Earth and New Earth—integrating spiritual energy into more mainstream aspects of life.

🔹 Traits: Peaceful, non-confrontational, often uninterested in systems (corporate, religious), intuitive, sometimes feel no strong "purpose."

🌊 Third Wave (Born ~1980s–2000s and after)

Role: The Builders & Manifestors of the New Earth

Ascension: Born into higher vibrational energy, they require less healing and instead focus on co-creating the new reality.

Consciousness: They come with innate awareness, often spiritually awake from a young age. They're here to innovate, challenge outdated systems, and build alternatives.

Energy: These souls embody the New Earth frequency—creative, aware, and connected to multidimensional consciousness.

New Earth: Their task is to materialize the vision of the New Earth through technology, art, education, sustainable living, and community design.

🔹 Traits: Tech-savvy, creative, rebellious against unjust systems, quick learners, spiritually gifted, often diagnosed with ADHD, autism spectrum, or labeled as Indigo, Crystal, or Rainbow children.

🌀 Summary of Contributions to Ascension & the New Earth

Wave Primary Role Consciousness Impact Energy Role New Earth Focus

First Wave Ground the light, clear karma Wake people up through struggle High sensitivity, energy anchors Clear the path for others

Second Wave Transmit peace, balance chaos Quiet influence through presence Frequency stabilizers Bridge between old and new systems

Third Wave Build new systems, embody New Earth Awake from childhood Natural high-frequency beings Creators of New Earth paradigms

✨ Final Thoughts:

These "waves" aren't about age superiority or hierarchy—they represent soul roles and timing.

All waves serve a collective mission: to help humanity transition from a dense 3D reality to a 5D consciousness, aligning with love, unity, and planetary harmony.

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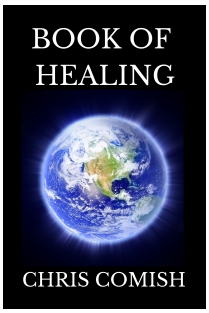

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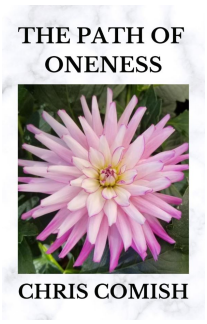

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For example, as a book author and spiritual teacher, I fulfill my purpose as a Second Wave Volunteer by spreading spiritual awakening, healing energy, and higher consciousness through my writings and teachings.

The term “Second Wave Volunteer” comes from the work of Dolores Cannon, who described it as a group of souls born primarily between the 1960s and 1980s, incarnated on Earth to raise the planet’s vibration through their energy and example, rather than direct activism.

Here’s how I fulfill this role:

1. Spiritual Transmission through Writings

I have authored numerous books, such as 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and many others which focus on:

Ascension,

Healing,

Energy work (such as Reiki and spiritual attunements),

Christ consciousness, and

Connecting with divine beings like Archangels, Ascended Masters, and Galactic beings.

These writings serve to awaken others, making esoteric teachings more accessible to the general public, which aligns with the purpose of a Second Wave Volunteer—to spread light passively yet profoundly.

2. Offering Spiritual Attunements

I have made a large number of free distance attunements available to the public through my books. These attunements offer energetic upgrades and initiations into healing modalities and higher vibrational states, without requiring direct interaction. This "energetic giving" is a hallmark of Second Wave Volunteers, who often work behind the scenes to uplift humanity without recognition or ego.

3. Non-Intrusive Teaching Style

True to the nature of the Second Wave, which tends to prefer solitude and avoids confrontation, my work is gentle, non-dogmatic, and invitation-based. I do not impose my beliefs but rather offers tools and guidance for those who are ready to receive them. This is aligned with the Second Wave’s role as energetic anchors rather than overt activists.

4. Service-Oriented Mission

By making much of my spiritual material freely available and focusing on service to others, I reflect the altruistic and mission-driven nature of Second Wave Volunteers.

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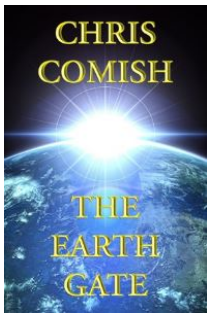

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My purpose is clearly not fame or profit, but to assist in the spiritual evolution of humanity.

5. Living as a Bridge between Dimensions

Second Wave Volunteers often act as bridges between higher realms and Earth, helping others awaken to their multidimensional nature. Through my connection with divine beings, light beings, and universal energies, I embody this bridging role. I bring cosmic information into practical spiritual tools for Earth-based growth.

In Summary:

I fulfill my role as a Second Wave Volunteer by embodying spiritual service, offering healing and attunements, and spreading high-vibration teachings to support humanity's ascension. My work is quiet but powerful, resonating deeply with souls who are awakening and seeking light.

Finally, this New Earth bridging work I contribute radiates energies and expands consciousness, in preparation for the Third Wave, who literally embody the frequencies, transform current systems and build the New Earth.

Hope you enjoyed this lesson on Roles of the Three Waves of Volunteers.

God bless all beings.

- October 15, 2025

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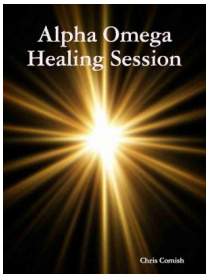

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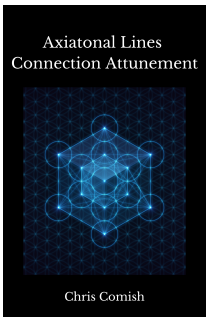

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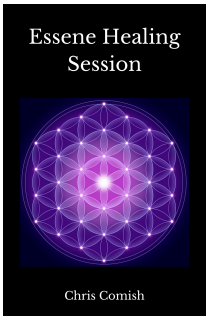

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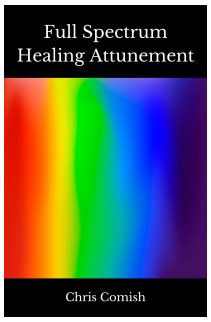

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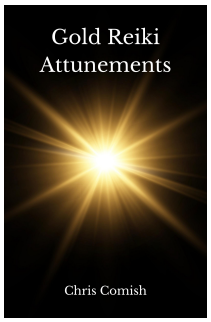

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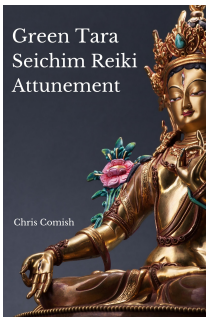

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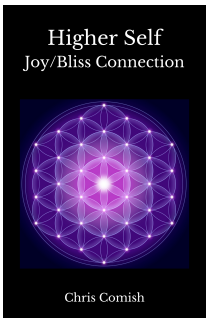

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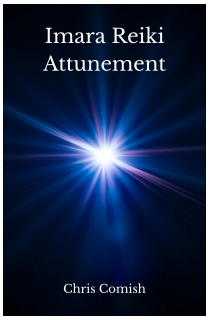

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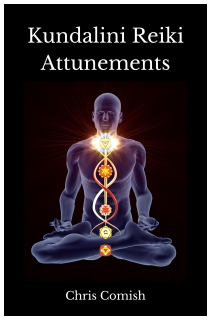

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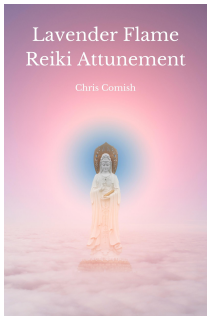

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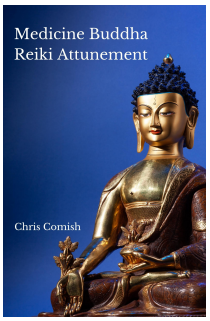

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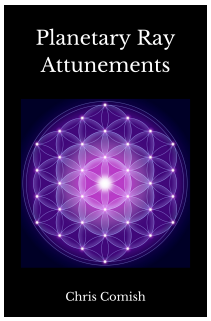

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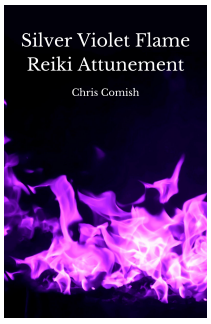

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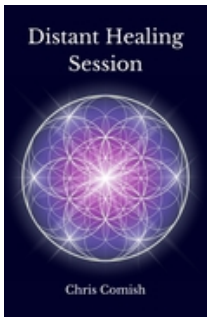

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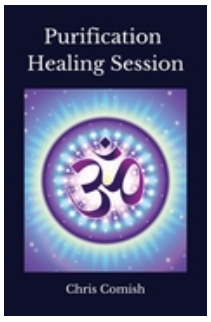

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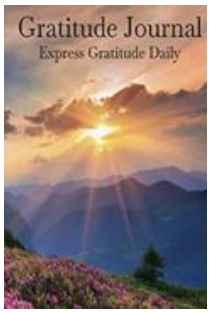

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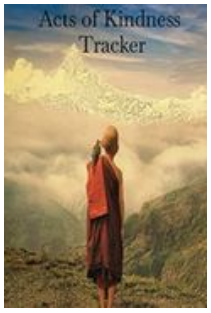

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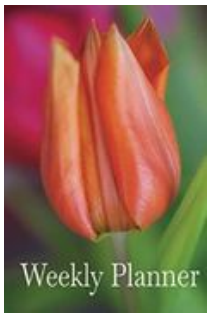

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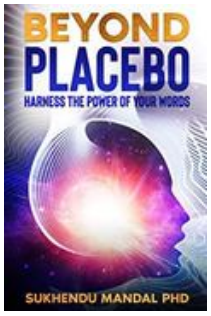

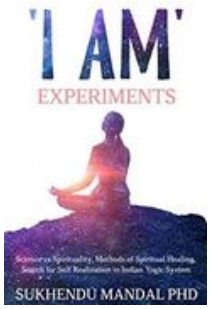

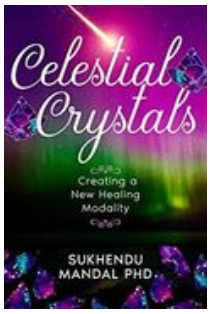

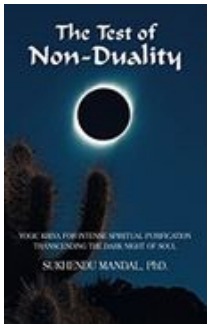

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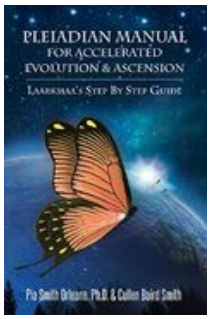

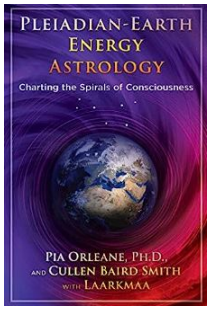
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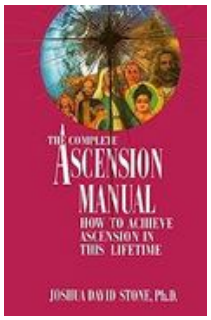
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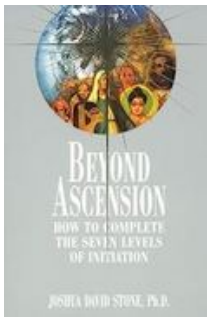
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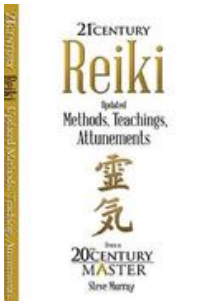
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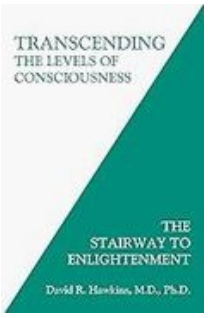
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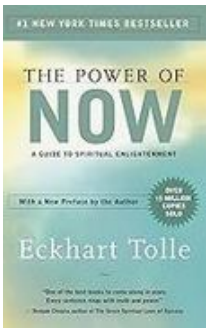
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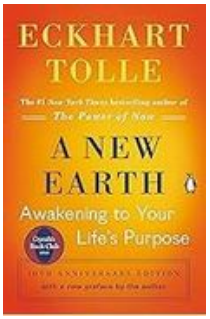
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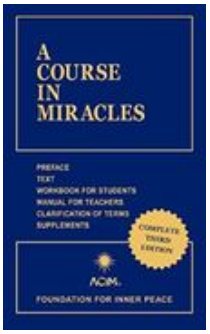
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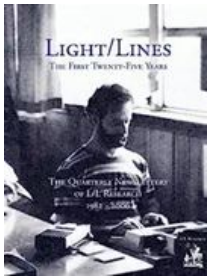
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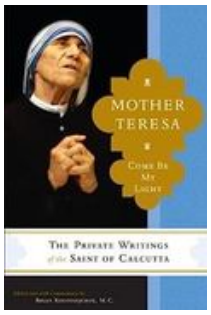
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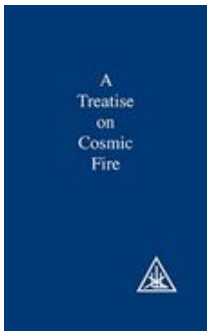
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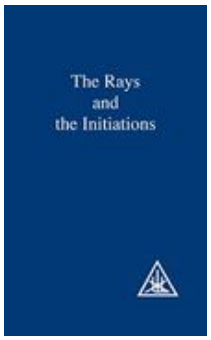
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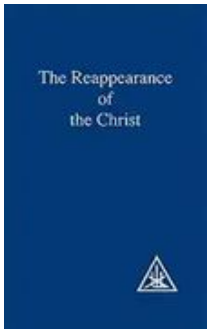
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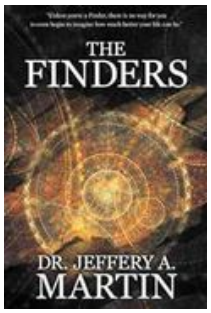
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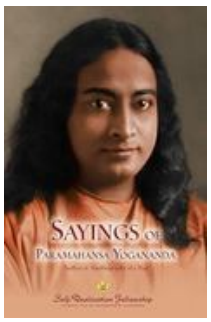
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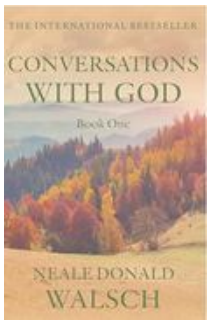
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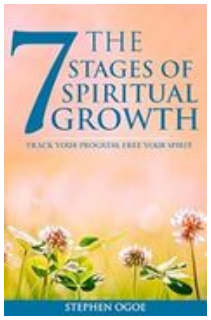
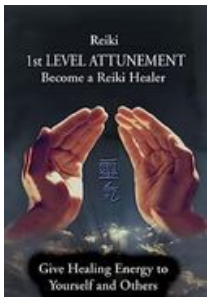
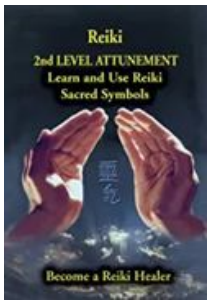
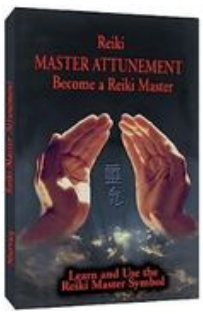
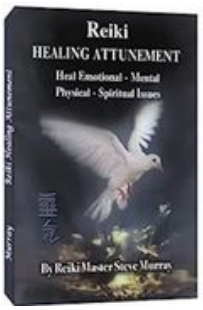


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
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- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Sixth Density

Percentages

Choice of Polarity

Roles

Mer Ka Ba

God's Will

Path of Harmlessness

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Ray 2 Earth Service

Chris Comish Teachings

Dark Night of the Soul

Harvest

Light Body and Oversoul

Embody the Oversoul

Planetary Purpose

Path of 2nd Ray Monad

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Communion with Chris Comish - Group Meditation

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